



COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

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COMMONWEALTH of VIRGINIA
Department for the Aging
Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Directors,
Area Agencies on Aging

FROM: Bill Peterson,
Deputy Commissioner for Programs

DATE: October 25, 2005

SUBJECT: Violent Death in Virginia

I wanted to make sure that you all had access to the new report from the Office of the Chief Medical Examiner (Virginia Department of Health) titled *Violent Death in Virginia: 2003*. Among data of interest:

- Persons 65 and older had the highest suicide rate, 17.3/100,000 – or 1.6 times the state rate of 10.8 – mostly because the 85 and older cohort's rate was 58.8/100,000! Almost one-fourth of suicides involved veterans.
- About 8 percent of homicide victims were aged 55-85.

I will mail a copy of the report to you later this week. You can also download the report from <http://www.vdh.virginia.gov/medexam/NVDRS.asp> or call Dr. Virginia Powell, Office of the Chief Medical Examiner, Virginia Department of Health, at 804-786-6047. Dr. Powell will also be able to explain the data better than I!

COMMONWEALTH of VIRGINIA
Department for the Aging
Jay W. DeBoer, J.D., Commissioner

October 25, 2005

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim M. Catherman
Deputy Commissioner, Support Services

RE: Loudoun AAA Announces New Division Manager Press Release

The following is a press released from the Loudoun County Department of Parks, Recreation and Community Services.

Department of Parks, Recreation and Community Services
215 Depot Court, SE, Leesburg, Virginia 20175
703-777-0343 Fax: 703-771-5354

Loudoun County Area Agency on Aging Announces New Division Manager

Leesburg, VA – Loudoun County Department of Parks, Recreation and Community Services announces the hiring of Dr. Lynn A. Reid as Division Manger of the Area Agency on Aging. Dr. Reid was formerly the Senior Vice President of Research and Education for the SPRY Foundation, a non-profit organization located in Washington, DC that promotes successful aging through research and education efforts. She has a background in Health Education and Gerontology with expertise in the area of successful aging. Her doctoral dissertation research examined the relationship between successful aging and nutrition. She previously taught at the University of Maryland in the Department of Public and Community Health and trained college students to work with older adults in the University's Adult Health and Development Program. Dr. Reid holds a Masters Degree and Ph.D. in Health Education from the University of Maryland with areas of concentration in Health Behavior and Aging. She also holds a doctoral level certificate in Gerontology from the Center on Aging at the University of Maryland.

1610 Forest Avenue, Suite 100, Richmond, Virginia 23229
Toll-Free: 1-800-552-3402 (Voice/TTY) • Phone: 804-662-9333 • Fax: 804-662-9354
E-mail: aging@vda.virginia.gov • Web Site: www.vda.virginia.gov

Loudoun AAA Announces New Division Manager Press Release
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“I look forward to the opportunity to serve Loudoun County and its growing senior population,” Dr. Reid said of her new position. She and her husband live in Leesburg with their nine-year old twin son and daughter.

Dr. Lynn Reid may be reached at 703-777-0388 or lreid@loudoun.gov.

COMMONWEALTH of VIRGINIA
Department for the Aging
Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: October 25, 2005

SUBJECT: DRI/Dietary Guideline Workgroup

At the May 2005 Nutrition Directors Meeting and Training, we learned about the DRIs and 2005 Dietary Guidelines and saw how they are being implemented in Maryland. Even though our VDA Nutrition Services Standards are quite extensive, they offer very little guidance in actual menu planning to ensure that the meals served meet nutrient requirements and provide a positive nutrition education model for the seniors.

At that time, Carol solicited volunteers for a workgroup. The list I have includes the following:

Jennifer Chestnut
Connie Blevins
Shirley Lunsford
Michele Daley
Susan Sciotta
Cheryl Anderson

Nancy Smith
Darlene Hartley
Lorraine Chatmon
Colleen Keller
Sidney Brown

Please touch base with me by phone (804-662-9319) or e-mail at Elaine.Smith@vda.virginia.gov if you are still interested in participating. If your name is not on the list and you would like to participate, please let me know. If you have specific ideas or concerns related to the DRIs/Dietary Guideline implementation, but

SUBJECT: DRI/Dietary Guideline Workgroup
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don't want to be on the workgroup please submit your input to me in writing for the group to consider.

Most likely the workgroup will "meet" via teleconference to develop guidelines for planning menus that will meet the 2005 Dietary Guidelines and DRIs. The workgroup will start off with establishing goals including a time line for implementation and what we hope to achieve through setting menu planning guidelines.

As a secondary, yet important outcome of the process, I would like to see us develop nutrition education materials that could be presented to seniors in the congregate and home delivered nutrition programs. This would be Health Promotion/Disease Prevention material to compliment the menus and help educate participants that the meals are a positive model to promote healthy eating and aging.

I hope to hear from you soon if you are interested in helping with this workgroup!

COMMONWEALTH of VIRGINIA
Department for the Aging
Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Directors,
Area Agencies on Aging

FROM: Bill Peterson,
Deputy Commissioner for Programs

DATE: October 25, 2005

SUBJECT: Follow-Up to Emailing #06-06

As a follow-up to the Tuesday Emailing on October 18th containing the Governor's News Release about the rising cost of home heating fuels, I have attached some materials that Mike Guy has shared that illustrate activities in his area around this issue.

Attachments

NEWS RELEASE: October 19, 2005

CONTACT: Mike Guy, 276 783-8157

REGIONAL GROUP FOCUSES ON HOME HEATING CONCERNS

A regional consortium of human service agencies is taking steps to forestall dire predictions about the impacts of high fuel costs on low-income, frail, and disabled households this winter.

Meeting in Marion this week, members of the region's Long Term Care Coordinating Committee developed an action plan that includes:

- Coordinating efforts among human service agencies to assure that the most critical needs are met.
- Encouraging people to check on frail and low-income friends, neighbors, and family members.
- Calling public attention to the issue and soliciting more financial support.
- Contacting churches and other non-profit groups to seek their assistance.
- Compiling and distributing a "tip sheet" advising people on how to keep warm while safely minimizing heating costs.

Participating agencies expressed concern that some low-income, frail, and disabled households will not be able to pay for a minimum delivery of home heating oil. Also, some people may revert to burning wood without proper chimney maintenance while others may lower thermostats to dangerous levels.

The Departments of Social Services Fuel Assistance program began taking applications October 11 and will continue through November 15, with checks to be distributed in December. Several other agencies offer some assistance with home heating costs, but the funding available is not likely to offset the rise in fuel costs.

The Long Term Care coordinating Committee is encouraging its member groups to solicit and accept additional donations this year from churches, civic groups, United Ways, and private individuals to help offset the high fuel costs. Also, copies of the "Tip Sheet" will be available through member agencies or by calling 1-800-541-0933.

Also at its October meeting the Long Term Care Coordinating Committee presented a plaque to its retiring Chair, Norma Hand of the Washington County Department of Social Services, and elected the following new officers: Jane Hale, Smyth County Department of Social Services, Chair; Vanessa Edwards, Twin County Regional Home Health, Vice Chair; Mike Hall, Wythe County Department of Social Services, Treasurer; and Mike Guy, District Three Senior Services, Secretary.

TIP SHEET FOR WINTER WARMTH AND SAFETY

Close off rooms not in frequent use. Consider adjusting your routines and habits to live in only two or three rooms. Be sure that rooms with plumbing have enough heat to avoid freezing pipes.

Dress warmly and in layers. Be sure to keep your head and feet covered when weather is extremely cold.

If you have a thermostat, leave it at a level that is comfortable when you are warmly dressed, but not below 65 degrees. Do not change your thermostat frequently.

Check furnaces, stoves, and flues each year for safety and the best heating efficiency if you burn oil, coal, or wood.

Use heavy drapes, blinds, or curtains when possible and open them only when sunlight is needed or it is warm outside. Plastic sheeting over windows can reduce heat loss. Another solution for a drafty window is to place the back of a heavily-padded chair or sofa against it.

Minimize the number of trips in and out of the house. Opening doors more frequently than necessary allows precious heat to escape.

Consider using a ceiling fan to circulate air, especially if you have high ceilings. Remember that warm air rises.

Look for and fill cracks around windows, doors, vents, chimneys, pipes, wires, and conduit.

Use adhesive foam rubber strips to stop air leaks around doors and windows. Inexpensive draft stops are available to reduce air leaks between outside doors and thresholds. If you can't afford insulation, grocery bags stuffed with rags, sand, sawdust, or old newspapers can help, but beware of creating a fire hazard.

Underpin your home or block off drafts so that pipes won't freeze and heat won't be lost from underneath. Water pipes should be buried deeply in dirt or covered with insulation. Contact with rocks or cement can cause pipes to freeze more quickly.

Check for adequate insulation, especially in attic areas where most heat is lost. If frost and snow melt rapidly from your roof, you probably don't have adequate insulation.

Unplug appliances you don't really need. Some appliances use a low level of electricity even when not in use.

Cook warm meals in winter. The extra heat from cooking will help warm your home. Do not try to heat a room with your oven except in an extreme emergency. It is inefficient and dangerous.

Inexpensive attachments are available for your clothes dryer vents that will allow warm, moist heat to come into your house instead of escaping outdoors.

Avoid using space heaters, except in an emergency. They tend to be dangerous and inefficient for regular use. Also, don't use outdoor grills or stoves for indoor heat. Carbon monoxide poisoning can result in death.

Don't take long showers. Hot water that goes down the drain is wasted heat energy. When you shower, use a stopper and don't release the water until it cools. Also, don't pour off hot water used in cooking until it cools.

Eat healthy foods and drink plenty of liquids. Inadequate nutrition can make you feel colder. Avoid alcohol.

Be active. Moving around moderately stimulates circulation and makes you feel warmer, but overexertion in cold weather can be dangerous.

Consider sharing your living space if you don't already. In extremely cold weather consider combining family households.

If possible, have a backup source of heat available for power outages or when fuel runs out. Small propane space heaters can meet that need on a temporary basis.

Beware of ice and other slip hazards when you must go outdoors. Mittens are warmer than gloves.

Don't freeze! If you have done all you can but still can't stay safely warm, notify your local department of social services, community action agency, or agency on aging. Get medical help immediately if your body temperature falls below 96 degrees.

COMMONWEALTH of VIRGINIA
Department for the Aging
Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: October 25, 2005

SUBJECT: Greetings from your VDA Nutrition Program Coordinator

Thank you to all who have given me a warm welcome. I look forward to meeting all of you and learning about the great work that you do! I was the Nutrition Program Manager at Senior Connections, The Capital Area Agency on Aging for 5 years, so I have been seeing many of you at the Nutrition Director and Nutrition Site Staff trainings over the years.

Training and Technical Assistance Needs Survey

In order to be as effective as possible, I would like to gather some information on your nutrition program and what you see as your future training and technical assistance needs. Nutrition directors or other designated staff please complete the enclosed survey and return it by fax, email, or US mail by November 15, 2005.

Spring Workshop for AAA Congregate Site and Senior Center Staff

So that you may mark your calendars, I will also take this opportunity to announce that the annual spring training for nutrition site staff, contractors, and home delivered meal drivers will be held as in past years at the Piedmont Geriatric Hospital on Tuesday, April 11, 2006, Wednesday, April 19, 2006, and Thursday, April 27, 2006. The topic will be **Getting Older: What You Should Know About It**. More information will be forthcoming.

DRI/Dietary Guideline Workgroup

I would also like to get a workgroup together to establish goals and guidelines for planning menus that meet the 2005 Dietary Guidelines and the Dietary Reference Intakes (DRIs) as discussed at our May nutrition director training. A separate memo will provide information.

Thanks again for your welcome and I look forward to working with you!

1610 Forest Avenue, Suite 100, Richmond, Virginia 23229
Toll-Free: 1-800-552-3402 (Voice/TTY) • Phone: 804-662-9333 • Fax: 804-662-9354
E-mail: aging@vda.virginia.gov • Web Site: www.vda.virginia.gov

PSA Number _____

**NUTRITION PROGRAM QUESTIONNAIRE
2005**

AAA Name & Location _____

Name _____ Title _____

Telephone _____ Fax _____ Email _____

General information on your nutrition program

1. Who provides the food for congregate and home delivered meals? (central kitchen, vendors, etc.)

2. What types of meals are provided? (hot, chilled, shelf stable, frozen, breakfast, etc.)

3. Who delivers home delivered meals? (AAA volunteers, Meals on Wheels, staff drivers, volunteer drivers, etc.)

4. Do you use restaurant vouchers? If yes, explain how the program works and/or attach policies and procedures.

5. Which VDA nutrition standards do you find it hardest to comply with?

6. Were there problems noted with the nutrition programs on your last VDA monitoring? If so, what were they and what progress are you making to correct them?

7. Describe any grants/special projects that your nutrition program is working under now or in the recent past.

Nutrition Supplements

Please attach your policies on nutrition supplements if available and additional information to address the following:

1. Who is eligible to receive nutrition supplements?
2. Is a doctor's order required?
3. Is a nutrition assessment by a registered dietitian required?
4. Do you count the supplement as an eligible meal? If so, how many cans equal one meal?
5. How many total eligible meals did you have in FY 2005? How many of your total eligible meals in FY 2005 were nutrition supplement meals?
6. What types of supplements are available?

Information and Training Needs

1. Would you be interested in a nutrition newsletter from VDA? If so, how often and what types of information would you like to see in a newsletter? Would you be willing to contribute information/articles to a newsletter?
2. What types of information do you need to receive in the Tuesday E-Mailings?
3. How can the VDA Program Coordinator help you in carrying out your program?

4. How do you best like to receive information? (Fax, e-mail, US mail, etc.)
5. Please list any suggested topics and/or speakers for Nutrition Director Training/Meetings.
6. Please list any suggested topics/speakers for Site Manager/Contractor training and technical assistance.

Menu Planning

1. Who plans the menus?
2. Who does the nutrition analysis?
3. Is a computerized nutrition analysis program used or is the menu compared to a standardized meal pattern to estimate the nutrient content of the menus?
4. If a computerized nutrition analysis program is used, what is the name of the program?
5. If a standardized meal pattern is used, what are the components of the meal pattern?
6. What, if any, changes have you implemented so that menus comply with the 2005 Dietary Guidelines and DRIs?
7. How are these changes working out? In terms of budget? In terms of senior acceptance?

8. Some people have asked for menu planning training to include actually planning menus as a group during the training session. Others feel it is a waste of time because they aren't responsible for planning menus. Please indicate your opinion of "hands on" menu planning training and whether you would participate if the training were available and convenient for you to attend.

Please feel free to add any other information, questions, comments, and concerns. Thank you!

Complete and return by November 15, 2005 to
Elaine Smith, Nutrition Program Coordinator
Virginia Department for the Aging
1610 Forest Avenue, Suite 100
Richmond, VA 23229
Fax: 804-662-9354
E-mail: Elaine.Smith@vda.virginia.gov